EXPERIENCE COUNTS. TRUST AN EXPERT.

Dr. Steven Kirzner has performed over 80,000 procedures.
Get high-quality vision correction at Coal Harbour Eye Centre.

Call 1-855-304-3937 to schedule a free, no-obligation consultation. Or visit us at seewell.ca

Coal Harbour Eye Centre

Come see us at our new address: 1281 West Georgia St., Suite 101 in Vancouver

Vancouver metro

Lions Stamped out of Grey Cup final
metroSPORTS

Your essential daily news | MONDAY, NOVEMBER 21, 2016

High 11°C/Low 8°C Mainly cloudy

GETTY IMAGES

POOCHED

Pups on pot a common sight, says Lower Mainland vet

metroNEWS

Surrey couple recount terror of Kiwi quake

TRAUMA

B.C. seniors visiting New Zealand got rescued in aftermath

David P. Ball
Metro | Vancouver

The "terrifying" shaking rattled Denise and Glen Harry awake around midnight one week ago Sunday in Kaikoura, New Zealand. The South Surrey couple and two White Rock friends had arrived in the small southern whale-watching town just hours earlier.

"It was quite unbelievable," recalled Glen, 69, in a phone interview. "It was so violent and shaking from side-to-side in all directions, and it went on for over two minutes."

The Nov. 14 temblor measured 7.8 on the Richter scale, more than 175 times more powerful than 2011's 6.3-magnitude one that killed 185 people. Last week's left two dead.

"It was very terrifying," Denise, 71, chimed in. But their next thoughts immediately turned to the likelihood of a tsunami, and they and their friends raced to higher ground.

But as dawn broke last Monday, they soon learned Kaikoura was completely cut off from the world — both roads out of town buried by landslides, its water running out.

"We had to let our kids know we were OK, that's all we could think about," Denise said.

The only wireless Internet still available in Kaikoura, they discovered, was at the local hospital.

"You had about 1,000 tourists plus locals all crowded around outside the hospital trying to use the hospital's Internet on their smartphones, computers and iPads," he said.

On Wednesday, they evacuated with roughly 1,000 stranded tourists in inflatable boats to waiting naval landing vessels, and onto the navy's 9,000-tonne, 430-foot frigate, HMNZS Canterbury.

"They took care of us very well," Denise said.

Are you depressed? Seeking help? Enroll in our study.

We are currently enrolling participants in a clinical research study to look at the effectiveness and safety of an investigational medication (given as a nasal spray) in patients with depression who have not responded to prior treatment with at least 1 antidepressant.

TO BE CONSIDERED FOR THE STUDY, YOU MUST BE:

- 19 to 64 years old
- Diagnosed with depression
- Comfortable with using a nasal spray
- Still be experiencing depression symptoms despite having taken 1 antidepressant medication in the past
- Able to provide written consent to participate

For more information about this study and how to enroll, please call 604.822.8012.
To read more about the Mood Disorders Centre and this research, please visit our website at ubc-mooddisorders.vch.ca.

UBC
Vancouver Coastal Health

Please note that you must not have a problem with substance use currently or in the past six months. The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

TODAY ONLY!

Monday, November **21**

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE:

Save $170

$99.99 each

Regular $270

CALVIN KLEIN

men's wool coat and puffer jacket

Wool coat available in black, medium grey and midnight navy. Puffer available in black, dark chromium and military green.

Exclusively ours

Plus, 40% off

other men's casual outerwear by **TOMMY HILFIGER, GUESS, PERRY ELLIS** and more**

50% off

men's hats, gloves and scarves by **LONDON FOG, CALVIN KLEIN, BLACK BROWN 1826, TOMMY HILFIGER** and **PERRY ELLIS**

HUDSON'S BAY

For the latest on our One Day Sales, sign up at thebay.com

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses. ****Men's casual outerwear:** In our men's casual outerwear department; Excludes Fjallraven, G Lab, Helly Hansen, Jack Wolfskin, Marmot, Moose Knuckles, Michael Michael Kors, Pajar, Penfield, Psycho Bunny, Selected, Sola & Kyo, Under Armour, Vince Camuto and items with 99¢ price endings.

metro NEWS
Your essential daily news

Sabra brand hummus recalled nationwide over possible Listeria contamination.

Single-family homes should be banned: Builder

CONSTRUCTION

Rethink zoning to increase density, says Doug Langford

Jen St. Denis
Metro | Vancouver

Doug Langford will build you a new single-family home on your big 50-by-100-foot lot in South Vancouver.

But that doesn't mean he likes it.

"The fact that the city of Vancouver still allows a permit for a single family home in the city, is crazy," said Langford, the co-owner of JDL Homes.

"I have clients that I have built 5,000 square foot houses and four-car garages for, and two people live there."

Bryn Davidson agrees. The co-owner of Lanefab Design/Build says that while the city moved in the right direction several years ago to allow secondary suites and laneway houses on single-family lots, there is still much more that could be done.

"In our duplex zones, you can build a duplex, but you're not allowed a laneway house," he said. "In the single family zones, you can build a laneway house but you're not allowed to build a duplex."

Doug Langford, co-owner of JDL Homes, believes the City of Vancouver needs to do more to increase density in single-family neighbourhoods. JENNIFER GAUTHIER/METRO

In neighbourhoods zoned for single-family homes, three units (the main house, a secondary suite in the house, and a separate laneway house) are now allowed. But they all have to share the same backyard.

"The front yard is this kind of wasted formal space," Davidson said. "We've got this baggage that has everything to do with status and nostalgia for the single family (neighbourhood), which is totally, completely out of touch with our current reality."

That changing reality, Langford said, is the extreme jump in Vancouver home prices over the past three years — it will now cost you around $1.5 million to buy a detached house in East Vancouver, compared to $600,000 three years ago. Langford thinks the city has not moved fast enough to keep up with how families now want to use their single-family lots: to house multiple generations of the same family in separate units.

That's led Langford to work around existing zoning, for instance by putting a multi-level "secondary suite" in the back of a new home. It's essentially a duplex by any other name.

Academics like Nathanael Lauster, a sociology professor at the University of British Columbia and Tom Davidoff, an economist at UBC who specializes in real estate, have also recently argued that zoning in Vancouver needs a radical rethink.

"What are we doing reserving so much land for millionaires?" Lauster told Metro in a previous interview.

Davidoff points out that 95 per cent of Canadian families cannot afford to buy a single family home in Vancouver. He would like to see denser forms like townhouses allowed across Vancouver. Because of the political pressure local politicians face from single-family homeowners, he's also argued that zoning should be under the purview of the provincial government.

Change may be coming, Mayor Gregor Robertson told reporters in September.

"We currently have staff looking at what kind of density is possible in those (single family) neighbourhoods, where currently townhouses or rowhouses are possible only on the arterials."

WHALES

Captivity debate resurfaces as beluga clings to life

Wanyee Li
Metro | Vancouver

The debate about whale captivity has resurfaced after a beluga's death at the Vancouver Aquarium last week and now the Vancouver Park Board chair wants to put the question of keeping cetaceans in aquariums to the public.

Canada's first beluga conceived and born in captivity, Qila, died Wednesday after a sudden illness. Her mother, Aurora, is the last remaining beluga at the Vancouver Aquarium and is showing similar symptoms, according to the aquarium.

Park board chair Sarah Kirby-Yung says including a question about cetacean captivity on the 2018 civic ballot is an opportunity for the park board to collect concrete data on what people want.

"I think it's important that we have a good public dialogue on this and that's the merit behind me suggesting that a question about cetaceans in captivity be put on the 2018 municipal ballot," she said. "I think this conversation is an ideological one and a fairly emotional for people."

What may have been acceptable once upon a time can change and the park board needs to keep tabs on that, she added.

A pair of divers put on a diving demo with beluga whales Aurora, left, and her daughter Qila. DARRYL DYCK/THE CANADIAN PRESS

"We used to have orcas at the aquarium back in the day and the public spirit changed — and it may be changing now as it relates to belugas."

The aquarium is an important part of Vancouver's tourism landscape and draws more than 1.1 million visitors every year, said Kirby-Yung, who used to be the vice-president of marketing and communications at the not-for-profit.

She plans to put the proposal forward at the next park board meeting but says for now people should focus on sending well wishes to the beluga fighting for its life at the aquarium.

"The focus right now needs to be on sending good wishes to the aquarium and hoping that Aurora recovers."

Aurora is "showing slightly more energy" but is still in around-the-clock intensive care with signs of abdominal discomfort, the aquarium told Metro Sunday.

ART

First Nation celebrates return of artifacts

A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum.

Huu-ay-aht First Nation on Vancouver Island is celebrating the repatriation of their cultural treasures, an act Chief Councillor Robert Dennis Sr. says proves that historic practices to erase indigenous cultures were resisted.

"We're resilient, we're strong and our culture is still alive," Dennis said in an interview.

The transfer of 17 sets of artifacts from the museum to the Huu-ay-aht on Friday is a result of a 2011 agreement reached between Maa-nulth First Nations and provincial and federal governments outlining rights to land, resources and other property, including cultural artifacts.

Dennis said the physical and legal transfer of the artifacts is an important part of reconciliation.

The items, which also include thunderbird masks and ceremonial whaling regalia, were on display during the Huu-ay-aht People's Assembly in Port Alberni this weekend. Some of the items are unlike anything the community has had in its possession in recent years, Dennis said, because so much of the First Nation's historic property was either sold or lost. The practice of creating large painted screens for ceremonies or homes is still maintained, but Dennis said instead of wooden planks, cloth or canvas is now more commonly used as the backdrop.

The Huu-ay-aht's traditional practices were undermined and banned through the Residential School system and other policies, including a federal potlatch ban that prohibited indigenous ceremonies.

"That is the sad part of Canadian history," Dennis said.

Anthropologist and consultant Kevin Neary said the original owners likely donated the items to the museum in an attempt to protect the artwork from being confiscated and destroyed.

"For this screen to have come to the museum was a way of preserving it … perhaps even with the view that at some point it may come back to the community, something that would be like putting it into a bank so that later on you could get it back," Neary said. THE CANADIAN PRESS

‘Still a lot of work to be done’

PRIDE

Vigil held as trans rights legislation set to move ahead

David P. Ball
Metro | Vancouver

Transgender Vancouverites and allies held a vigil Sunday as part of a worldwide day of remembrance.

This year’s event came two days after MPs voted 248-40 to advance trans rights legislation from the House of Commons to the Senate.

Vancouver Transgender Day of Remembrance Society founder Tami Starlight, who’s organized the vigil since 2001, told Metro they hope the event will “bring to light” violence and oppression of trans people around the world.

“In Canada, there’s fortunately much less violence,” they said. “But there’s certainly copious amounts of oppression, however, and a lack of equity and protections.”

Morgane Oger, chair of the Trans Alliance of B.C., and recently nominated B.C. NDP candidate for Vancouver-False Creek, stands near her home in Vancouver. DAVID P. BELL/METRO FILE

Federal Bill C-16, would update the Canadian Human Rights Act — banning discrimination based on “gender identity and gender expression” — and would also add those as grounds for judges to consider “bias, prejudice or hate” in sentencing people.

> **It would be nice to see some real concrete actions.**
> Tami Starlight

But despite provincial and federal moves this year towards banning anti-trans discrimination, “there’s still a lot of work to be done,” another local advocate said.

Trans Alliance of B.C. chair Morgane Oger said both the B.C. and federal Liberals’ backing of anti-discrimination legislation isn’t enough.

“We also need to implement this into systems, getting all the organizations, companies and social service groups to implement the rules,” the recent B.C. NDP nominee for Vancouver-False Creek said.

The federal legislation — which has been long-supported by Randall Garrison, the NDP MP for Esquimalt, B.C., and was introduced by Justice Minister Jody Wilson-Raybould, of Vancouver-Granville riding — passed its third reading with unanimous support from his party, Liberals and Greens.

Six in 10 Conservatives voted for it too, many of whom opposed previous versions. One of those was MP Michelle Rempel, who voted against earlier versions, but backed the current one.

“In the last three years, I have watched this community face bigotry, more discrimination, and becoming a flashpoint for fights that we should no longer be having in Canada,” she said Friday, earning praise on social media from politicians across party lines. “I especially want to thank the trans activists who have lived through this discrimination … they deserve our thanks, and they also deserve an apology for when we have failed them in the past.”

But within her party, some remained opposed to updating human rights law. Lambton, Ont. MP Marilyn Gladu expressed worry that, if C-16 passes, parents might not be free to prevent their children from discussing transgender issues in public.

“There are many people in this country who do not believe that a transgender [sic] lifestyle is God’s plan or that it is medically beneficial,” she argued.

Those kinds of attitudes, Oger said, are unfortunate examples of persistent transphobia in Canada.

“It’s not acceptable for people to be in legislatures who openly want to discriminate against transgender people,” she said.

“It’s the role of lawmakers, police, and social organizations to make it less likely to happen — and to give consequences when it does.”

When Fido becomes High Fi

ANIMAL HEALTH

Marijuana toxicity in dogs means urgent trip to the vet

Wanyee Li
Metro | Vancouver

Does your dog look stoned? It probably is, according to one vet who says marijuana toxicity is one of the most common reasons why owners bring their dogs into his clinic.

"Oh god, we deal with pot at least once a month. Its one of those common things," said Adrian Walton, head veterinarian at Dewdney Animal Hospital in Maple Ridge.

His last case was just two weeks ago. He says the problem is usually obvious to a vet once they see the dog.

"People come in and the dog is obviously stoned."

Most dogs are able to fully recover from marijuana toxicity – they just get the munchies, says Walton.

Dogs inadvertently eating marijuana is common, but it can be deadly. GETTY IMAGES

But kidding aside, it is important to bring your animal to the vet as soon as possible because the chemical THC in marijuana can be deadly to dogs in large doses, he said. Vets have a three-hour window to induce vomiting in order to prevent the dog from becoming more sick, said Walton. After that, all medical professionals can do is provide fluids and supportive care.

> **We don't care if it is pot. Just be honest.**
> Veterinarian Adrian Walton

"It is really important to take it to the vet. I cannot stress this enough."

It's especially important for small dogs because they are more susceptible to toxicity, he added.

There is no shame in admitting your dog got into your pot stash at home, said Walton. If the vet does not get verbal confirmation from the owner that it is pot, they would have to run several tests to confirm and that can get expensive, fast, he said.

"We don't care if it is pot. Just be honest."

There's no way of knowing a dog has marijuana toxicity for certain unless the dog takes a drug test but there are some giveaways.

"The most common situation is your dog is stumbling around [or] the dog looks like he's going to fall asleep," said Walton.

And there is the tried and true method of putting your nose up to the dog's mouth.

"You can usually smell it on the breath."

Other drugs to keep a dog way from include ibuprofen, Tylenol, cocaine and magic mushrooms, said Walton.

"I've lost a dog to crack," he said.

"But anything that people will do to themselves, the pets will take it as well."

NOT THE SAME AS POT DOG TREATS

Marijuana toxicity is a different situation from the pot treats some people give their dogs for anxiety or pain.

Dog biscuits with pot in them have the chemical cannabidiol (CBD) in them and are not meant to cause any psychoactive effects.

But Walton says there are a few situations where some vets may prescribe them for dogs, although he has not suggested it to his clients.

"It's usually a situation where the patient says it works for me – I want it for my dog."

WANYEE LI/METRO

GET YOUR FREE COPY

FIND THE HOLIDAY ISSUE:
NOVEMBER 21-25

Grab Vancouver's new pop-up mag at select public transit stations & major intersections, exciting events, and Guest Services in CF Pacific Centre and CF Richmond Centre.

Visit thekit.ca/compact for all location details

#thekitcompact

FROM THE EDITORS OF THE KIT
compact

PHOTOGRAPHY BY JANE & JANE

GREAT DEALS AT WC AUTO DIRECT

RECEIVE A PAIR OF TICKETS FOR A VANCOUVER HOCKEY GAME OR 42" LED TV
WITH EVERY VEHICLE PURCHASED

2013 LAND ROVER LR2
Turbo charged engine, leather seating, sunroof, Heated front seats, ABS brakes, fog lights, heated power mirrors, heated windshield wipers and much more!
AB10723 — $237 B/W @ 3.99% OVER 84 MONTHS — NOW ONLY $31,888

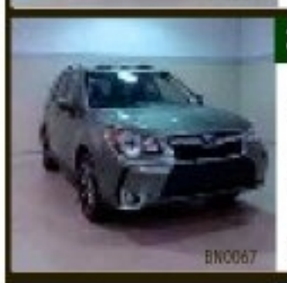
2008 EQUINOX LS
Keyless Entry, Adjustable Steering Wheel, Power Outlet, MP3 Player, Engine Immobilizer, Automatic Headlights, Cruise Control, CD Player, Power Steering, Traction Control, A/C
BN01344 — $154 B/W @ 5.96% OVER 48 MONTHS — NOW ONLY $10,995

2011 FORD FIESTA SE
USB Connector, Bluetooth Option, Voice Command, Auxiliary Option, Power Door Locks, Power Windows, Power Mirrors, Key-Less Entry with Alarm System, Air Conditioning
X16141B — $77 B/W @ 5.97% OVER 78 MONTHS — NOW ONLY $7,995

2009 BMW X6 XDRIVE35I
AWD, A/C, Alloy Wheels, CD Player, , Fog Lights, Keyless Entry, Navigation System, Power Mirrors, Power Seat, Sunroof, Cruise Control, Heated Memory Seats, Bluetooth and more!
AB10712 — $284 B/W @ 3.99% OVER 66 MONTHS — NOW ONLY $30,888

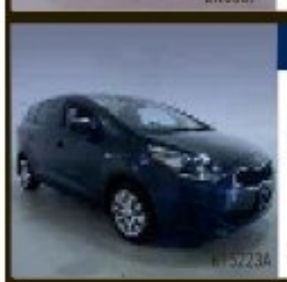
2010 FORD F-150 XLT
5.4L V8 engine, Bluetooth automatic, crew cab, 4x4, power windows, remote keyless entry, power mirrors, rear slider window, power adjustable pedals, cruise control
V16254A — $193 B/W @ 4.97% OVER 66 MONTHS — NOW ONLY $19,888

2013 FORD FLEX SEL
Perfect family vehicle, AWD, 2nd and 3rd row seating, navigation, fog lights, tinted rear windows, auto liftgate, panoramic sunroof, remote start, V6 engine, traction control
PD12377 — $230 B/W @ 3.99% OVER 84 MONTHS — NOW ONLY $30,888



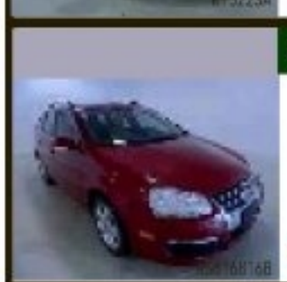
2015 FORESTER TOURING
250HP, 2.0L, 4cyl Boxer engine, All Wheel Drive, paddle shifters, 18" aluminum alloy wheels, halogen fog lights, rear vision camera, powered rear gate, SI-DRIVE, navigation
BN0067 — $216 B/W @ 3.99% OVER 84 MONTHS — NOW ONLY $28,995

2015 KIA FORTE 2.0L EX
6 speed Sportmatic Automatic Transmission, Panoramic Sunroof, 17" Machine Finished Alloy Wheels, Fog Lights, Body Coloured Power Folding Heated Mirrors, Rear View Camera and more
V16292B — $135 B/W @ 4.97% OVER 84 MONTHS — NOW ONLY $16,888



2015 KIA RONDO LX
Alloy Wheels, Heated Seats, CD Player, Power Windows, ,A/C Cruise Control, Bluetooth, Ipod/ USB/AUX inputs., ABS Brakes, Telescoping Steering and more!
X15223A — $187 B/W @ 4.97% OVER 84 MONTHS — NOW ONLY $23,995

2014 MUSTANG SHELBY GT500
5.8 LT 662 HP ROCKET, Sport Tuned Suspension, Side Impact Beams 370W amplifier and performance speakers, heated leather sport bucket seats
ST7090A — $428 B/W @ 3.99% OVER 84 MONTHS — NOW ONLY $53,777



2009 VW JETTA HIGHLINE
Beige leather interior, cellphone connectivity, power sunroof, power seats, automatic transmission with sport shift, heated front seats, air conditioning
X16816B — $107 B/W @ 5.97% OVER 66 MONTHS — NOW ONLY $9,995

2014 IMPREZA 2.0I
Full Time All Wheel Drive, 15" steel wheels with covers, multifunction display, Bluetooth, auxiliary audio input, media hub for ipod/usb audio integration, split folding rear seats
AB10720 — $135 B/W @ 4.97% OVER 84 MONTHS — NOW ONLY $16,888

AUTO DIRECT PARTS & SERVICE — Formerly Richmond Suzuki

DETAIL PACKAGE (Regular price: $249.99) **$199.95** Plus taxes & environmental levies

- Soft hand wash of exterior, clean wheel wells and rims
- Chamois dry
- Wash all jams including door, trunk, & fuel door
- Clay bar of the vehicle removing paint contaminants, bugs, fall out, sap and overspray
- 2 stage hand wax & buff of vehicle exterior (Add paint protection for $99.99)
- Hot water steam cleaning and shampoo of seats, carpets, floor mats, door panels, trunk, center console, steering console, vents, ash tray.
- Clean & condition all leather & vinyl — all vinyl & leather
- Degrease, pressure wash & dress engine & engine compartment
- Clean windows inside and out including weather stripping
- Dress & treat tires

* Please contact our service department at (604) 273-0331 for an appointment or book online. EXP 11/30/2016

AUTO DIRECT
3771 NO.3 ROAD, RICHMOND, BC
(OPPOSITE YAOHAN CENTRE)
CALL US TODAY
1.855.582.3691
FOR YOUR QUICK APPROVAL!
WWW.WCAUTODIRECT.COM

Anna Joseph Christopher Jinho

All prices are subject to documentation and tax. Payments include tax and $895 documentation fees . Terms based on the above listed rates and over varied listed months. All ICBC reports and Car Proofs available on request. DL#31151

'Just my destiny'

JUSTICE

Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose THE CANADIAN PRESS

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous communities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual and physical abuse among indigenous women and girls are so pervasive they are expected to overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

"I see it as all being on a continuum," she said. "You have children who are abused, you have young teenagers that are abused, they go through life, then it is just normalized behaviour … some of them, we just don't hear their voices anymore because they're gone." THE CANADIAN PRESS

Prime Minister Justin Trudeau waves during the traditional "family photo" at the APEC Summit in Lima, Peru, on Sunday. AFP/GETTY IMAGES

PERU

Donald Trump's shadow looms large over summit

Prime Minister Justin Trudeau and leaders from Asian and Pacific nations are walking out of an annual summit facing an uncertain future about the movement of goods, people and services across borders.

That uncertainty has been created with U.S. president-elect Donald Trump and his anti-trade rhetoric set to take over the White House, potentially leaving a leadership vacuum on the world stage.

In a meeting with Trudeau, President Barack Obama spoke about the work the two have done on refugees and climate change — two areas where Trump has voiced concerns and vowed to roll back environmental funding and put in stricter immigration rules.

Obama said he and Trudeau are going to push to get as much work completed on thinning the borders during the last two months of his presidency.

In a seeming nod to the shadow of Trump hanging over the summit, the outgoing president tried to ease nerves in Canada that the Liberal prime minister would clash with the Republican president-elect, who has also threatened to tear up the North American Free Trade Agreement unless he gets concessions from Canada.

THE CANADIAN PRESS

Rescue operation ongoing in India

KANPUR DISTRICT

Death toll thought likely to rise in train derailment

Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because rescue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we heard a crash," said Kumar, whose coach remained standing on the track. "When we came out of the train, we saw a few coaches had derailed."

Some of the coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment was not immediately clear.

THE ASSOCIATED PRESS

Donald Digest

A roundup of news about the president-elect

Romney being considered
Mitt Romney is a key contender to become the secretary of state and Gen. James Mattis was an "impressive" prospect for defence secretary, Trump and Pence said Sunday.

Christie left hanging
Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

School trumps White House
Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide to the president-elect had suggested the Trumps are reluctant to move their 10-year-old son to Washington during the school year.

Concern in transgender community
Anxiety is high among many transgender Americans after the sweeping Republican election victory. They fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms.

THE ASSOCIATED PRESS

WE ARE HIRING AT AMAZON

$250 BONUS
SIGN-ON / COMPLETION

EARN UP TO $14.00 PER HR

START BY DEC. 11TH
EARN EXTRA CASH FOR THE HOLIDAYS!

apply.smjobs.com/amazon
JOB CODE: DELTA, 908S • NEW WESTMINSTER, 914A

- Bonus paid for all associates in good standing on January 7th
- $150 bonus for employee referrals
- Start by December 11th and earn cash for the holidays!

Apply online or call for an appointment to apply in person
109 Braid Street • V3L-5H4
New Westminster, BC
604-449-6755

staff management | smx
a TRUEBLUE company

Tocotrienols shown to produce 34% more hair in 8 months!*

Hair Gro™ is a new supplement in Canada containing a palm oil extract with a specific tocotrienol complex. In studies, people who took tocotrienols noticed on average 34% more hair after 8 months.

Available in Canada at select retailers.
For more information or to purchase from the manufacturer, visit newnordic.ca
Contact us: 1-877-696-6734

NEW NORDIC
newnordic.ca

*Tropical Life Sciences Research 2010
"Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia

Available at: SHOPPERS DRUG MART | Walmart | GNC LIVE WELL | amazon.ca | LONDON DRUGS

The Room

DESIGNER SALE ON NOW

UP TO
50% OFF
select fall/winter designer collections, accessories and shoes.

Some exclusions apply. No price adjustments on purchases made prior to Monday, November 21, 2016. For more information, please call or visit:

The Room Toronto
416 861 6131 | 176 Yonge Street

The Room Vancouver
604 689 2261 | 674 Granville Street

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Are fine-art events appropriate for first dates?

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you.

If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

Need advice?
Email Ellen:
askellen@metronews.ca

What makes you think my parents have money?

Vicky Mochama

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next twenty years the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents. I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial writers aren't thinking of those of us who don't have money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow. The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parent's money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids. This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR VANCOUVER Jeff Hodson
ADVERTISER INQUIRIES adinfovancouver@metronews.ca
General phone 604-602-1002

Do you have a disability?
Have a hobby that you want to turn into a business?
Get the right knowledge and resources to start your own business with the Self-Employment Program
For more information, contact us at:
VANCOUVER WESTSIDE
300 - 2150 W Broadway
Tel 604.688.4666
VANCOUVER SOUTH
7575 Cambie Street
Tel 604.263.5005
WorkBC Employment Services Centre
Centre de services à l'emploi
operated by YWCA METRO VANCOUVER
Canada
BRITISH COLUMBIA
Services disponibles en français
ywcajobseeker.org

FARMERS MARKET ROUND-UP

-All Winter Long-

RECYCLE YOUR OLD OR UNWANTED SMALL APPLIANCES & POWER TOOLS FOR FREE AND YOU COULD WIN 1 OF 2 PRIZES OF

$250 MARKET DOLLARS

Nat Bailey Stadium

26 NOV / 17 DEC / 28 JAN
25 FEB / 25 MAR / 22 APR

Hastings Park

27 NOV / 18 DEC / 29 JAN
26 FEB / 26 MAR / 23 APR

FOR A FULL LIST OF ACCEPTED PRODUCTS VISIT ELECTRORECYCLE.CA

GREATER VANCOUVER FARMERS MARKETS

Electr Recycle
SMALL APPLIANCE & POWER TOOL RECYCLING PROGRAM

metro LIFE
Your essential daily news
Monday, November 21, 2016

Taking opportunity and running is very important, because I never had a business plan in my life. Things just came along and I grabbed them.
Iris Apfel, at the UN Women's Entrepreneurship Day conference

Take a little time for yourself

YOU CARE TOO MUCH

Self-care book focuses on gender equality, coping methods

Self-care is skin care, self-care is yoga, a bubble bath, a nap, a massage, a healthy snack, something to brag about.

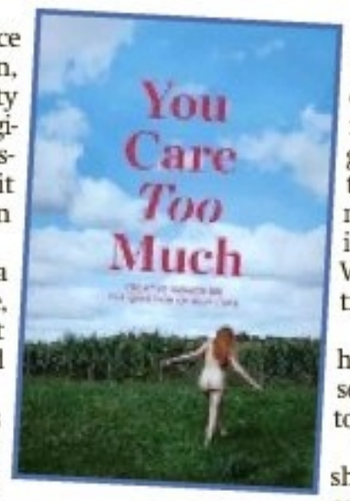
It's also a buzzword and, in the age of social media, can be a competition, a matter of keeping up appearances.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume You Care Too Much: Creative Women on the Question of Self Care, released this month by indie publisher With/out Pretend, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship, softness in the face of loss, devotion, the home, beauty in art, beauty regimens, sex, transformation, Inuit heritage, even crime.



If there is a consistent theme, it's the concept of coping, said Klassen.

Self-care is particularly important today, Klassen said, in the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for their president despite his verbal attacks on women, people of colour, immigrants and many others during the campaign, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality since women remain the primary caregivers in many families and don't get the same time to themselves as men might enjoy, according to the Canadian Women's Foundation.

Klassen watched her mother turn herself inside out trying to please everyone.

"By my mid-teens she had reached her capacity for giving herself away, as she had done for everyone in her world for so many years, without speaking up to ask for the things she needed to feel whole," Klassen wrote in her introduction. She also penned a short story for the book.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE

Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, You Care Too Much, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE

YALETOWN'S FREE WINTER FESTIVAL

CandyTown
A YALETOWN HOLIDAY FESTIVAL

MAINLAND STREET BETWEEN DAVIE & NELSON

SATURDAY NOVEMBER 26, 2016
12 NOON - 7 PM

FEATURING:
"ALL I WANT..." Gift Market • Horse Carriage Rides
Candy Making • Live Music • Ice Carving Demo
Visits with Santa and with the Ice Queen • Xmas Tree Lot

Jade Stone Photography and Britney Gill Photography

YALETOWN WHERE NEXT BEGINS
GET ALL THE DETAILS: yaletowninfo.com /yaletowninfo @iyaletown
MEDIA SPONSORS:

Don't turn a blind eye to your finances

While some of us have no head for money, others do possess financial smarts. ISTOCK

SMART SPENDING

Interest costs, missed savings opportunities all add up fast

Gail Vaz-Oxlade
For Metro Canada

I'm amazed at the people who aren't smart about money. Well-educated, professional, highly responsible, creative and competent people all turn to jelly when it comes to their personal finances.

I've even met people who have to manage their company's money (accountants, bookkeepers, financial officers) who can't figure out how to balance their own budgets.

What is it about money that brings even the smartest and most sensible person to their knees? Why do we make such a big deal out of something that is, at heart, completely straightforward?

Perhaps the people who most get my goat are the folks who are so willing to turn a blind eye to the foundations of their financial life, only to open up a conversation about "investing" and how smart they are about "putting their money to work?"

Isn't it way easier to save a dollar than to earn (and pay taxes on) another dollar? So how come people are willing to spend gobs of time and effort reading, learning, improving their knowledge of the sassy, sexy world of investing, even as they refuse to take care of their financial housekeeping?

There's the guy who had $6,000 worth of parking tickets. He had to put his car in his girl's name so he could get it licensed.

Hey, the guy had to drive for a living! How moronic is that?

There's the girl who took a pass on her company pension plan for 11 years, even though her company was willing to match her dollar for dollar (in essence giving her a five per cent increase in income) just because she didn't want to have to forgo the spending money. And she works for a bank.

How about the student who didn't think twice about taking out all the student loans he qualified for, along with every credit and store card he was offered. Four years later, he has a very unimpressive undergrad degree, $53,000 in debt, and a job that pays $11.25 an hour.

So why are relatively smart people not so smart when it comes to managing their money?

Perhaps it's because they haven't taken the time to really think about what they're doing.

Interest costs, missed savings opportunities, and fees all seem small if you don't take the time to think about the longer-term implications.

> **Each time you do something that involves money, think about it. Don't just push the thinking part aside.**

If a $30 ticket turns into $45, ehh! Isn't it far more satisfying to spend that $60 on eating out than on planning for a future that's 25, 30 or 35 years away? And the interest on that student debt is so low because interest rates are so low, so what's the big deal?

If you want to be smart about your money, you have to think about it.

When you do something that makes money go away, you have to weigh what you're getting against what else you could do with that money, not just now but in the future.

Each time you do something that involves money, think about it. Don't just push the thinking part aside. And if you're all up in investing but you don't have an emergency fund, if you're carrying a balance on your credit card or if you haven't made a will, quit your smirking. You're not so smart!

For more money advice, visit Gail's website at gailvazoxlade.com

Get up to 30,000[1] Aeroplan Miles.

Offer ends December 2, 2016.
Don't miss all those miles.

Conditions apply.

Visit tdaeroplan.com/van or call
1-888-714-4459 to learn more

TD Banking can be this comfortable.

[1] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Remembering those who survived

BOSTON MARATHON

Documentary speaks to the resiliency of the victims

Steve Gow
For Metro Canada

Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old, who is getting ready for her High School senior prom, was also hurt in the bombing. BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary Marathon: The Patriots Day Bombing has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern. "Our unique angle was to get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg. "There's very little good that you could say can come out of a terrorist bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

The filmmakers hope the survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example, it seems to be working.

"I just got several emails from the New York crowd who saw it and they're like, its so good to be an American again," laughed Sundberg. "I think people looked at this film and thought it speaks to the best of what you could be as a human being."

TELEVISION

More On Boston

There are other movies in production exploring the Boston Marathon Bombing — most notably the forthcoming drama Patriot's Day starring Mark Wahlberg.

"This community was trying to survive this horrific terrorist attack and find out who did this and pick up the pieces," said filmmaker Peter Berg.

STEVE GOW/FOR METRO

metro Service Directory To advertise call 604.602.1002

EMPLOYMENT

CONCORD SECURITY
we do more
— HIRING FAIR —
Due to the continued growth and demand of our services, we are currently hiring for a number of positions. You've got the initiative and enthusiasm. We've got flexible schedules, benefits and jobs that can turn into satisfying careers!
WHERE: 925-4710 Kingsway Metrotower 1, Burnaby
WHEN: Tuesday, November 22nd, 2016
TIME: 9:00am until 4:00pm
Please bring an updated copy of your resume and your security license
Concord Security Corporation provides security services to high profile Shopping Centres, University Campuses and high rise buildings.

SPIRITUALISTS

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Reuniting Lost Love · Family Issues · Separation - Divorce · Success in Career · Marriage Problems · Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | NEAR SUPERSTORE, DELTA

#1 VANCOUVER ASTROLOGER & PSYCHIC
PANDITH Thulasi Ram 9TH GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, IT'S MY CHALLENGE
Tells Past, Present & Future. Health, Happiness, Love, Work, Family, Husband-Wife, Children, Jealousy, Money, Court, Sexual, Enemy, Lottery & Good Luck, etc.
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
604.376.7362 | 13418 71A Ave. 134st Surrey BC V3W 2L2

INDIAN ASTROLOGER & PSYCHIC
PANDITH RAMDEV
PALM *READING * FACE READING • HOROSCOPE
REMOVES BLACK MAGIC. HADOOP. VISIO. OBEYAH EVIL SPIRITS & PROVIDES 100% PROTECTION
EXPERT IN BRINGING BACK LOVED ONES...
SOLVES PROBLEM IN BUSINESS, LOVE, MARRIAGE, JOB MONEY, CHILDREN MISTAKES, HUSBAND & WIFE MATTERS RELATIONSHIP, WEALTH, SICKNESS, DEPRESSION, COURT MATTERS, JEALOUSY, PERSONAL MATTERS
NOBODY CAN BREAK MY WORK IF YOU HAVE PROBLEMS, I HAVE SOLUTIONS
604-369-8051 Life long protection 12187 75 Ave, Surrey, BC

HEADLINE
COFFEE

Give the gift of delicious coffee

Give them something warm to wake up to all winter.

Treat them to Headline Coffee, the subscription service that brings a new, Fairtrade certified coffee to their door each month.

EXPLORE THE WORLD
A different freshly-roasted coffee each month

FITS EVERY BUDGET
3, 6 and 12 month options

SHOW YOU CARE
Includes a personalized e-gift card

Order by **December 22** for early January delivery

headlinecoffee.ca

MAKE SURE IT'S FAIRTRADE

"I'm very impressed, to be honest": Helio Castroneves likes what he's seen from Canadian IndyCar driver James Hinchcliffe on Dancing with the Stars

Lions fail to slow Stamps

CFL PLAYOFFS

Early deficit too much for B.C. to come back from

There was no magical comeback to be found this time around for the B.C. Lions.

There wasn't even the possibility amidst their 42-15 beatdown at the hands of the Calgary Stampeders in Sunday's CFL West final, not with the way the hosts ran roughshod over the Lions before the McMahon Stadium crowd of 32,115 to earn a berth in the Grey Cup.

Even in the CFL, a 32-0 deficit in the first half is too much to overcome.

"We knew that what we did against Winnipeg, we can't do that against a great team like Calgary. We didn't start off fast enough and they took it to us," said Lions quarterback Jonathon Jennings, whose team erased a 19-point deficit against the Blue Bombers a week earlier.

"For whatever reason, we weren't as electrifying as always. Playing like that against a team that score like they can, it's going to be hard for you to win."

Calgary will play the Ottawa Redblacks for the CFL championship next Sunday in Toronto.

The Stampeders clinched the West Division regular-season crown on Thanksgiving and hadn't played a meaningful game since. Toss in the fact they hadn't even suited up for a game since before Halloween, and the possibility of being a rusty squad loomed large.

Those thoughts were alleviated on their first drive. After Roy Finch returned the opening kickoff 46 yards, Calgary quarterback Bo Levi Mitchell promptly marched the team to the end zone, a drive capped off by Lamar Durant's three-yard scamper.

The Lions had no response and watched their season slip away before even having a chance to regroup in the locker-room at halftime.

"There's lots of things, some of them you can't repeat but it's the game," Lions head coach Wally Buono said when asked what was going through his mind during the first half. "I've been in the game 100 years and I've seen this 100 times.

"I've been on the other side when it's been good and I've been on this side when it's bad. Once it starts rolling, you've got to break the momentum. In the first half, we couldn't break the momentum."

Buono's squad couldn't find a spark, either, whether it was on offence or defence against a Calgary team which led the league with a 16-1-1 mark in the regular season.

"You've got to give credit where credit is due. They've won that many games for a reason," said Lions defensive back Ryan Phillips amidst a sombre locker-room. "The things we were supposed to do to eliminate some of their big plays and minimize some of their big plays, we didn't execute in the first half and it showed up on the scoreboard."

Jennings completed 17 of 24 passes for 206 yards and one touchdown, but the only points came late in the contest when the result was determined.

Travis Lulay took the helm to start the second half and engineered a touchdown drive on his first possession, but an interception toss in the Calgary end zone late in the third quarter spelled the end of his outing.

THE CANADIAN PRESS

The Stampeders' Roy Finch runs by Richie Leone, bottom left, and Solomon Elimimian of the Lions at McMahon Stadium on Sunday. TODD KOROL/THE CANADIAN PRESS

WEST FINAL In Calgary

42	15

EAST FINAL

- The Redblacks pulled away for an exciting 35-23 win over the Edmonton Eskimos in a snowy, windy East Division final Sunday in Ottawa.
- Kienan Lafrance put the Redblacks on his shoulders, rushing for 157 yards and a key touchdown in the final minute of play.
- Edmonton trailed 25-3 in the third quarter but Mike Reilly, who threw for 340 yards, rallied the Eskimos with three TD strikes to cut their deficit to 28-23 with 3:15 remaining.

SEAHAWKS

Wilson adds to arsenal vs. Eagles

Everyone knew Russell Wilson could run and pass.

But catch? The Seattle Seahawks quarterback showed he can do that, too.

"I think we've been trying to call that the past four or five years," Wilson said.

Wilson threw for 272 yards and a touchdown, and caught a 15-yard touchdown pass from Doug Baldwin as the Seahawks rolled past the Philadelphia Eagles 26-15 on Sunday.

Wilson became the first quarterback in franchise history to catch a touchdown, a perfect end-around pass from Baldwin to Seattle's athletic QB as he ran down the left sideline and dove into the end zone to give the Seahawks a 23-7 lead.

Wilson was already causing headaches for the Eagles well before his TD catch. He scrambled and threw across his body to find Jimmy Graham on a 35-yard catch-and-run touchdown in the second quarter as Seattle built a 16-7 halftime lead that was more than enough. Rookie C.J. Prosise had a 72-yard touchdown run on Seattle's fifth offensive play — the longest run by a Seattle player since CenturyLink Field opened in 2002.

Wilson completed 18 of 31 passes, with four of them going to Baldwin for 104 yards, along with the first touchdown pass of his career.

"I don't know who is playing better than him right now," Baldwin said of Wilson. "He's the best player in the league right now, by far."

THE ASSOCIATED PRESS

Russell Wilson hauls in a 15-yard touchdown Sunday.
OTTO GREULE JR./GETTY IMAGES

NBA

Kings squeak out victory over Raps

Rudy Gay had 23 points and nine rebounds and the Sacramento Kings beat Toronto 102-99 on Sunday night after waiting out a video review to see if the Raptors had forced overtime on Terrence Ross' three-pointer at the buzzer.

Ross grabbed a deflected pass, took two dribbles and made a 33-footer, but the officials ruled time had expired.

The Kings held league scoring leader DeMar DeRozan to a season-low 12 points.

THE ASSOCIATED PRESS

Rudy Gay throws down two of his 23 points on Sunday night.
NBAE/GETTY IMAGES

IN BRIEF

Djokovic's errors give Murray the year-end win

Top-ranked Andy Murray earned his first ATP finals title on Sunday, beating Novak Djokovic 6-3, 6-4 in the last match of the tennis season.

Murray started with a pair of double-faults in the opening game, but it was soon Djokovic that was struggling with his serve. The second-ranked Serb was broken once in the first set and twice in the second as the unforced errors piled up. THE ASSOCIATED PRESS

NHL

Hurricanes breeze to fourth straight win

Victor Rask got his eighth goal of the season and 19-year-old Noah Hanifin scored his first, helping the Carolina Hurricanes beat the Winnipeg Jets 3-1 on Sunday night for their fourth straight win.

Elias Lindholm also got his first goal this season in the first period, and the Hurricanes kept up the pressure from there, challenging goalie Connor Hellebuyck with 40 shots.

Rask made it 2-0 on a power play early in the third, and after Mark Scheifele got his 11th goal for the Jets, Hanifin put it away with a power-play score with 1:43 left.

Cam Ward had 28 saves for Carolina. THE ASSOCIATED PRESS

SUNDAY At Carolina

3	1
CANES	JETS

RECIPE Cornbread Topped Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

Ready in 40 minutes
Prep time: 20 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Directions

1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.

2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.

3. Preheat oven to 375 degrees.

4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.

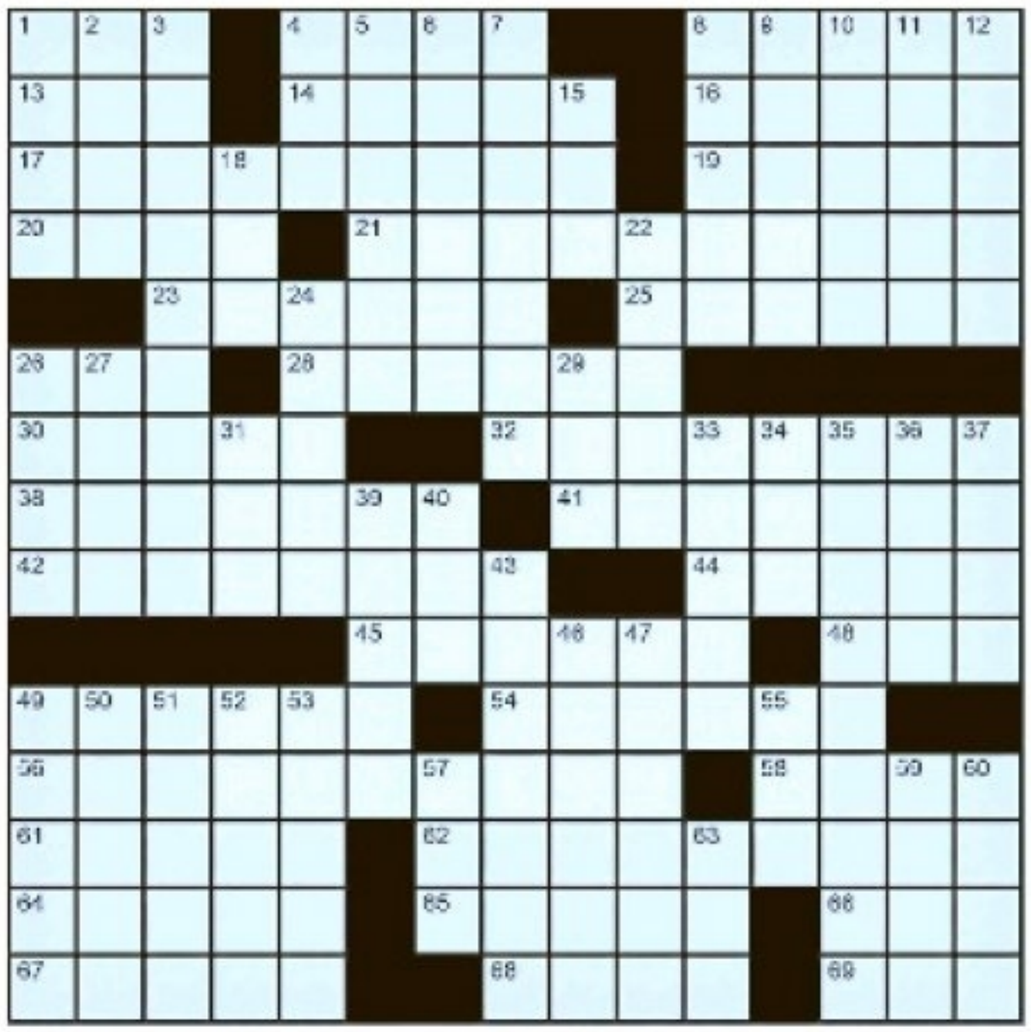
5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.

6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Early-'80s song: "_-Man Fever"
4. Flight-related UN Agcy.
8. Swiss _ (Green leafy veggie)
13. "Turn to Stone" gr.
14. Balm
16. Moon-related
17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. _, borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "_ _ Woman"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, _ _ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. _ Challenge (Current motionlessness-set-to-music fun time on social media)
64. Extraterrestrial
65. 1948 Pulitzer-winning poet, W.H. _ (b.1907 - d.1973)
66. Cape _, Massachusetts
67. "_ bleu!"
68. Fathers, to kids
69. Ron of '60s show "Tarzan"

DOWN
1. _ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand
4. Baffin, e.g.
5. Purr-fect pet pampering place: 2 wds.
6. The Autobiography of _ _. Toklas
7. Plagued with pests, perhaps
8. Saturates with sappiness
9. Luau dances
10. Conductor Mr. Previn
11. Surprise wartime attacks
12. "_ You Up" by Madonna
15. Conductor, _-Pekka Salonen
18. Period
22. Figure Skating couples
24. Went down the snowy hill
26. Boast
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)
29. Tree of Hawaii
31. Josh
33. Brawn
34. Bambi's aunt
35. Condiment with roast leg of lamb: 2 wds.
36. 'Perform' suffix
37. "So Sick" single-named singer
39. Rene of "Tin Cup" (1996)
40. "_ Beso (That Kiss!)" by Paul Anka
43. French waxworks legend, Madame _ (b.1761 - d.1850)
46. "Help Me, _" by The Beach Boys
47. _ soups (Pantry items)
49. Wolves of the sea
50. Bella _ (Valley in British Columbia)
51. Faultfinder
52. _ nonsense
53. Big river in Europe
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst
57. UFC sport, for short
59. Bowed instrument
60. Tennis ace Mr. Murray
63. Nav. rank

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

Taurus April 21 - May 21
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

Gemini May 22 - June 21
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

Cancer June 22 - July 23
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

Leo July 24 - Aug. 23
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

Virgo Aug. 24 - Sept. 23
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

Libra Sept. 24 - Oct. 23
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

Scorpio Oct. 24 - Nov. 22
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

Sagittarius Nov. 23 - Dec. 21
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

Capricorn Dec. 22 - Jan. 20
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

Aquarius Jan. 21 - Feb. 19
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

Pisces
Feb. 20 - March 20
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

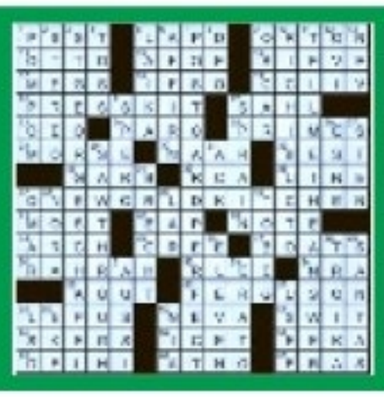
		8		3	2			5
	6							7
9		3		5	6		1	
		2			8	5		
	7						6	
		4	1			8		
	5		9	1		7		2
1							3	
4			2	7		1		

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3

2 Great Services. 1 Low Price.

comwave® Bundle

✓Keep your existing phone number[1] ✓Unlimited local calling
✓Voicemail ✓Caller ID ✓Call waiting ✓Download speed - up to 6 mbps
✓Upload speed - up to 800 kbps ✓Data usage - 75 GB[2]

High-Speed Internet & Home Phone

$49.95/MONTH

+ applicable taxes

Monthly 911 fee of $1.45 not included

ADD Unlimited Data[3] for only $10 more!

TIE DOMI
"NHL Hockey Pro"

6 MONTHS FREE HOME PHONE

When you transfer your number to Comwave, on a 3 year term

+

FREE Installation
FREE Equipment Rental

... over $240 in savings!

CALL TODAY!

1-866-516-0231

comwave®

Find us on & comwave.net

[1]Service not available everywhere. Monthly local loop Access Fee of $5.95 (if needed) is not included. A one-time activation fee of $59.95 applies. Shipping fees applies. [2]A rate of 25 cents per GB will be charged if usage exceeds the plan's monthly data limit.
[3]Unlimited Data Usage is governed by our Fair Usage policy. VoIP 911 has certain limitations. **Details at comwave.net**.